

Wellness Policy Assessment Tool

Form 357 Rev 12/15

This template provides information on wellness policy goals and practices within the LEA. Use this tool to track progress and gather ideas on ways to create a healthier school environment. A separate assessment should be completed for each school or at a minimum, each school level. The wellness policy and completed assessment must be available to the public.

LEA/District Name Summit Dayton THS Reviewer

School Name Summit Dayton THS Date

Select all grades: PK K 1 2 3 4 5 6 7 8 9 10 11 12

I. Public Involvement

Yes No We encourage the following to participate in the development, implementation, and evaluation of our wellness policy:

Administrators School Food Service Staff P.E. Teachers Parents

School Board Members School Health Professionals Students Public

Yes No We have a designee in charge of compliance.

Name/Title: Robin Merrill School Secretary

Yes No We make our policy available to the public.

Please describe: Public Record

Yes No We measure the implementation of our policy goals and communicate results to the public.

Please describe: Facebook, newsletters, Board meetings

Yes No Our district reviews the wellness policy at least annually.

II. Nutrition Education

Yes No Our district's written wellness policy includes measurable goals for nutrition education.

Yes No We offer standards based nutrition education in a variety of subjects (e.g. science, health, math, etc).

Yes No We offer nutrition education to students in: Elementary School Middle School High School

III. Nutrition Promotion

Yes No Our district's written wellness policy includes measurable goals for nutrition promotion.

Yes No We promote healthy eating and nutrition education with signage, use of creative menus, posters, bulletin boards, etc.

Yes No We have reviewed *Smarter Lunchroom* techniques and evaluated our ability to implement some of them.

Yes No We place fruits and vegetables where they are easy to access (e.g. near the cafeteria cashier or near the front of the line).

Yes No We ensure students have access to hand-washing facilities prior to meals.

Yes No We annually evaluate how to market and promote our school meal program(s).

Yes No We regularly share school meal nutrition, calorie, and sodium content information with students and families.

Yes No We offer taste testing or menu planning opportunities to our students.

Yes No We participate in Farm to School activities and/or have a school garden.

Yes No We only advertise and promote nutritious foods and beverages on school grounds (e.g. buildings, playing fields, etc).

Yes No We price nutritious foods and beverages lower than less nutritious foods and beverages.

Yes No We offer fruits or non-fried vegetables in Vending Machines School Stores Snack Bars à La Carte

Yes No We have nutritional standards for foods/beverages served at school parties, celebrations, events, etc.

Yes No We provide teachers with samples of alternative reward options other than food or beverages.

Yes No We prohibit the use of food and beverages as a reward.

Yes No **IV. Nutrition Guidelines** (Cont from page 1)

- Our district's written wellness policy addresses nutrition standards for USDA reimbursable meals.
- We operate the School Breakfast program: Before School In the Classroom Grab & Go
- We follow all nutrition regulations for the National School Lunch Program (NSLP).
- We operate an Afterschool Snack Program.
- We operate the Fresh Fruit and Vegetable Program.
- We have a Certified Food Handler as our Food Service Manager.
- We have adopted and implemented *Smart Snacks* nutrition standards for ALL items sold during school hours, including:
 - as à La Carte Offerings in School Stores in Vending Machines as Fundraisers

Yes No **V. Physical Activity**

- Our district's written wellness policy includes measurable goals for physical activity.
- We provide physical education for elementary students on a weekly basis.
- We provide physical education for middle school during a term or semester.
- We require physical education classes for graduation (high schools only).
- We provide recess for elementary students on a daily basis.
- We provide opportunities for physical activity integrated throughout the day.
- We prohibit staff and teachers from keeping kids in from recess for punitive reasons.
- Teachers are allowed to offer physical activity as a reward for students.
- We offer before or after school physical activity: Competitive sports Non-competitive sports Other clubs

Yes No **VI. Other School Based Wellness Activities**

- Our district's written wellness policy includes measurable goals for other school-based activities that promote wellness.
- We provide training to staff on the importance of modeling healthy behaviors.
- We provide annual training to all staff on: Nutrition Physical Activity
- We have a staff wellness program.
- We have school district staff who are CPR certified (e.g. teachers, coaches, counselors, food service staff).
- We actively promote walk or bike to school for students with Safe Routes to School or other related programs.
- We have a recycling /environmental stewardship program.
- We have a recognition /reward program for students who exhibit healthy behaviors.
- We have community partnerships which support programs, projects, events, or activities.

VII. Progress Report: Indicate any additional wellness practices and/or future goals and describe progress made in attaining the goals of the local wellness policy

① Heart Association fundraises - Jump Rope for Heart
 ② Annual Wellness poster contest
 ③ Outdoor Education Club - biking / Hiking / Sailing

VIII. Contact Information:

For more information about this school's wellness policy/practices, or ways to get involved, contact the Wellness Committee Coordinator.

Name: Position/Title:
 Email: Phone:

The School believes that healthy students are more likely to successfully complete their formal education. The School recognizes that it plays an important role in the development of students' health and nutrition habits by providing nutritious meals and snacks, supporting the development of good eating habits, and promoting increased physical activity.

The Board sets forth the following goals in an effort to enable students to establish good health and nutrition habits:

Nutrition Promotion and Education Goals

- The School shall provide for interdisciplinary, sequential skill-based health education that that supports hands-on classroom activities that promote health and reduce obesity.
- Nutrition and healthy living skills shall be integrated into classroom curriculum when appropriate.
- Students in grades pre-K – 12 shall receive nutrition education that is interactive and teaches the skills they need to adopt healthy eating behaviors.
- Nutrition education shall be offered and promoted in the School cafeteria as well as in the classroom with coordination between the foodservice staff and teachers.
- Nutrition education and promotion information will be shared with parents and the community.

Physical Education and Activity Goals

- Students shall be provided opportunities for physical activity during the school day through physical education classes, daily recess periods for elementary students, and the integration of physical activity in the classroom.
- Physical education classes shall stress physical fitness, encourage healthy, active lifestyles and consist of physical activities as part of the curriculum.
- Physical activity will not be used as a form of discipline or punishment.
- Physical activity and promotion information will be shared with parents and the community.
- The School shall encourage parents and the community to support physical activity, to be physically active role models, and to include physical activity at events.

Other School Based Activities

- School based activities shall promote student wellness and, if appropriate, shall encourage nutrition and physical education.
- Nutrition shall be considered when planning school-based activities such as classroom snacks, fundraisers, etc.

- The School will provide students with a clean and safe environment and adequate time for eating meals.

Nutrition Guidelines

- In accordance with the School's Food Standards Policy, the food service program shall comply with Federal and State regulations pertaining to the selection, preparation, consumption, and disposal of food and beverages sold in the School.
- Any food provided outside of the food service program, but not sold during the school day on the School premises, shall align with the goals and standards stated in this Wellness Policy.
- Marketing of foods and beverages at the School during the school day shall be limited to those foods and beverages that meet the standards set forth in the School's Food Standard Policy. The Board reserves the right to further limit marketing of food and beverages.
- The food service program will provide all students affordable access to a variety of nutritious foods.

Implementation and Evaluation

- The Principal shall ensure that the School implements, complies with, and annually evaluates this Policy.
- The School will consult with administrators, board members, parents, students, community members, school health professionals physical education teachers (if applicable), or representatives of the school food authority. The committee will be provided the opportunity to participate in the development, implementation, periodic review, and update of the Policy. In developing or updating goals, the committee will review and consider evidence-based strategies and techniques.
- At least once every three years, the School will measure the implementation of this Policy, focusing specifically on the extent to which the School has complied with the Policy, the extent to which the Policy compares to model local wellness policies, and the extent to which the School has progressed toward achieving its stated goals in the Policy. The School will create a written assessment for each periodic measurement that it will disseminate to students, their families, and other members of the community or post on its website. The School will make appropriate modifications to this Policy, if necessary, based on this assessment.
- At the start of each school year, the School will disseminate this Policy and information about its implementation to families of school children and other members of the community or post it on its website and will notify such individuals of changes to the Policy in the same manner.

The School shall retain documentation demonstrating compliance with this Policy, including requirements related to community involvement, triennial assessments of this Policy, and public dissemination of this Policy and any updates thereto.

42 U.S.C. 1758b; 42 U.S.C. 1771; 7 CFR 210.30; R.C. 3313.814; R.C. 3313.816; R.C. 3313.817

See also Policy 455 Food Standards Policy; **Appendix 455-A** Nutritional Standards for Food and Beverages



Parent Teacher Students Together Monthly Meeting.

Quarterly Wellness Meeting

3:00 pm

January 23, 2018

Name

Position

Contact Email

Cindy Gibson	AE/Health	cindy.gibson@summitacademies.org
Dawn MD Mumford	Math Teacher	dawn.mumford@summitacademies.org
Caitlin Blackford	Secretary	caitlin.beyer@summitacademies.org
Lendra Murph	IS	Lendra.murph@summitacademies.org
Michael Madue	V.C.	Michael.madue@summitacademies.org
Brittany Cooper	IS	Brittany.cooper@summitacademies.org
RL Merrill	Administrative Asst	Robin.Merrill@SummitAcademies.org

Be A School Wellness Champion



Parents, we need your help to make our school healthier!

Children spend most of their day at school. So, it's important that they have healthy foods and drinks while they are there. Good nutrition also helps kids learn better at school. Our school wellness policy tells how our school is making the healthy choice, the easy choice for kids. Parents can help update the school wellness policy and to put it into action.

4 ways parents can help:

1. Join the school wellness committee. Our next meeting is at XXX from XXX to XXX. The wellness committee meets [insert how often] and works on projects to help make our school healthier. You do not need any special training to be on the committee, just an interest in keeping our school healthy!



2. Read the school wellness policy <https://summitacademies.org/schools/dayton-high/resources/>
For questions or more information, contact: Gretchen Berndt: (330) 612-3915

**SCHOOL
WELLNESS
POLICY**

3. Support classroom and school events to have healthy foods and get kids physically active. Keep the wellness policy in mind when planning what foods and beverages to have at events and celebrations.

4. Rate our school wellness. Share how our school is doing in promoting good nutrition and physical activity at: [XXXX]

What is in our school wellness policy?

The full school wellness policy is online at: <https://summitacademies.org/schools/dayton-high/resources/>
Major topics in the policy are:

- Nutrition education and promotion
- Physical activity
- Other wellness activities (such as school gardens and walk/bike to school)
- Nutrition standards for all foods and drinks sold to kids at school
- Foods and drinks that may be given to students (such as at classroom celebrations or foods given as rewards for behavior)
- Food and beverage marketing

We are looking forward to working with you to ensure our school continues to be a healthy place that supports growth and learning.



**Better Health =
Better Learners**



